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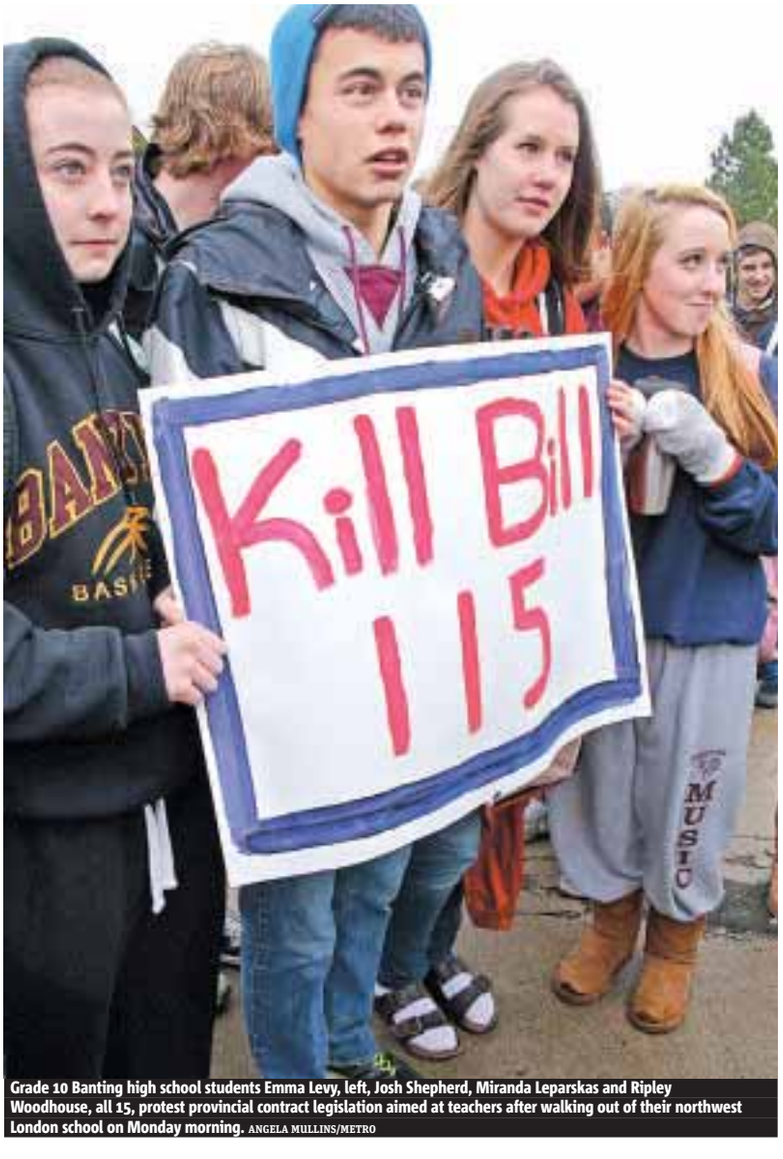
We're hurting, too: Students



Grade 10 Banting high school students Emma Levy, left, Josh Shepherd, Miranda Leparskas and Ripley Woodhouse, all 15, protest provincial contract legislation aimed at teachers after walking out of their northwest London school on Monday morning. ANGELA MULLINS/METRO

Bill 115. High school students add their voice to dispute between teachers and Queen's Park

ANGELA MULLINS
angela.mullins@metronews.ca

Monday marked the start of what could be a series of student walkouts at London-area high schools.

As hundreds of students flooded out of the front doors of buildings across the Thames Valley district, some said they don't expect the protests will be the last.

Provincial leaders need to get the message loud and clear: Students and teachers alike are suffering under Bill 115 and it needs to be dashed, said Jaime Martinez, a Grade 11 student at Sir Frederick Banting Secondary School.

"We're here to project our own voice as students," the 17-year-old said. "We want the government to know that we care about it, too, and this is not only affecting now, it's affecting the future."

Students are angry that extracurricular activities, such as sports and assemblies, have been called off as teachers' unions enact work-to-rule measures.

But, the protesters said, teachers shouldn't be blamed.

"We're upset they're not there," Martinez said about the activities outside school hours. "But we understand why it's happening, and we know it's the only way for them to do what they have to do."

Students were signing petitions and postcards on Monday asking that Bill 115 — which gives the government power to stop strikes and impose contracts with wage freezes — be repealed. Unions are challenging the legislation in court, saying it strips them of collective-bargaining rights.

Banting student Dallas Windibank, 17, said the signatures will be mailed to members of Parliament.

"It goes against democracy," the Grade 12 student said about the legislation. "It sounds like draconian law to me."

As Thames Valley students protested, elementary teachers in other districts were voicing their concerns. Schools in the Stratford and Timmins areas closed on Monday as teachers marked the start of one-day walkouts. The protests will ripple across the province until schools break for the holidays with 72 hours' notice given to parents. A walkout date for Thames Valley has not been announced.

Follow Angela Mullins on Twitter @MetroAngela

Solidarity

"We're in support of our teachers."

Dallas Windibank, 17, Grade 12 student at Sir Frederick Banting Secondary School

Premier responds

Strikes are about pay: McGuinty

Premier Dalton McGuinty rebuked Ontario's public elementary school teachers for launching a wave of one-day walkouts that will spread across the province over the next two weeks. But the rotating strikes are "a small price to pay" to protect smaller class sizes, teaching jobs and the rollout of full-day kindergarten, he said.

Dalton McGuinty says the province won't intervene in the teachers' walkouts. THE CANADIAN PRESS

"The Elementary Teachers' Federation of Ontario has disrupted nine years of labour peace over a disagreement about pay," he said in a statement.

"It's regrettable that students miss any time learning, and it's unfortunate that families will need to make alternate arrangements."

Although the governing Liberals have the power to end the strikes, McGuinty said they won't intervene. The government has said it has drawn up legal documents to stop any strikes that stretch beyond a single school day. McGuinty has argued that in the face of a $14.4-billion deficit, the province can't afford pay hikes for teachers.

THE CANADIAN PRESS

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Lawsuit

Former head of Neighbourhood Watch suing board

The former executive director of Neighbourhood Watch London has filed a wrongful-dismissal lawsuit against the non-profit's board of directors.

Hope Clark CONTRIBUTED

Hope Clark, head of the organization since July 2009, was fired Aug. 10, about three months after returning from maternity leave and accepting a six-month contract extension through Nov. 30.

The termination, Clark told Metro, came out of nowhere after she raised red flags about spending and new policies drafted while she was on leave.

"I got too close and started asking too many questions," she said.

None of the allegations have been proven in court.

Officials at the Neighbourhood Watch office referred requests for comment about Clark's employment to board of directors president Rod Refcio. He did not return a phone message Monday.

Board members cited failure to "adhere to board-approved operational policies" and "continued pursuit of independent initiatives without board approval" as reasons for terminating Clark's employment in a letter she provided to Metro.

The policies referenced in the letter aren't official because they weren't approved at the organization's general membership meeting in April, Clark says.

ANGELA MULLINS/METRO

By the numbers

$25,000

Amount Hope Clark is seeking from Neighbourhood Watch London in a wrongful-dismissal suit.

Lighting the way for a Hanukkah skate

Congregation Beth Tefilah of London Rabbi Lazer Gurkow, 40, lights a menorah during the 12th annual Hanukkah On Ice event at Thompson Arena on Monday evening. About 100 people gathered at the Western University campus arena for a celebratory skate honouring the yearly Jewish holiday of Hanukkah, which kicked off Saturday and runs through this Sunday. JOHN MATISZ/METRO

But is it legal?

Mayoral dilemma. Another councillor questioning legality of motion asking Fontana to take a leave

ANGELA MULLINS
angela.mullins@metronews.ca

Joe Fontana CONTRIBUTED

City council will have its final say Tuesday on a motion asking Mayor Joe Fontana to take a leave of absence while fighting criminal charges.

Before the vote, Coun. Sandy White wants an opinion from staff about legalities surrounding the request and whether or not councillors could face sanctions if they move ahead.

"This motion clearly rests upon a denial of the Charter of Rights, which (says people are) considered innocent until convicted in the court of law," White said. "I'm just trying to be cautious.

"To me right now, we have a duty to respect the Charter."

White said her vote will be decided by what she hears from the city's legal department. Coun. Denise Brown voted against the motion at a Nov. 26 committee meeting saying she didn't think it was legal.

Coun. Joni Baechler, who's leading the motion, has acknowledged it's ceremonial — the Municipal Act makes no provisions for elected officials facing charges and Fontana has said he will not step aside.

A similar motion proposed Oct. 30 by Coun. Nancy Branscombe died in an 8-6 council vote before hitting the table for discussion. Baechler's motion isn't expected to pass.

Coun. Paul Van Meerbergen, a member of what's become known as council's "Fontana 8" voting bloc, issued a statement Monday reaffirming his plans to support the mayor.

Calls for Fontana to resign, Van Meerbergen hinted, are politically motivated.

"For some individuals and those in the media, the prospect of finding a reason to get rid of the mayor and undo the majority coalition in favour of continuing tax freezes and pro-growth decisions on council is, of course, the real reason for their condemnation," his statement said. "I will not turn on my colleague at council for the simple reason that he has not been convicted in a court of law; he is, at this juncture, not guilty of anything.

"If, as it turns out that a criminal court finds him guilty, I, like all other law-abiding citizens, will call for justice to be done."

Tuesday's council meeting starts at 4 p.m. at city hall.

The back story

- The RCMP charged Mayor Joe Fontana on Nov. 20 with breach of trust by a public officer, fraud under $5,000 and uttering forged documents.
- He is accused of using taxpayer money to cover a $1,700 room deposit for his son's 2005 wedding reception.
- Fontana was a London North Centre MP and federal cabinet minister at the time.

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Not your mother's Santa.
Cops send criminals cards

EMILY JACKSON
Metro in Vancouver

Abbotsford, B.C., police hope a holiday card will inspire gangsters to be nice.

Police sent a holiday card Friday featuring Chief Const. Bob Rich dressed as a machine-gun toting Santa in tactical gear to dozens of frequent offenders, property offenders and people involved with drugs and gangs.

The card asks, "Which list will you be on next year? Will it be naughty or nice?" On the inside, it provides a phone number to call for help with making better choices.

It is provocative, but that's what could make people open the card and realize the police are there to help them choose a different path for 2013, Const. Ian MacDonald said.

"If it was just a snow-scape from the APD with just the additional messaging, we don't think it would get peoples' attention in the first place," MacDonald said.

Many offenders it was sent to have likely seen officers in Emergency Response Team gear anyway, especially if they're involved in drugs, he said. The card is in the mail to those who have 10 or more criminal convictions, have been the subject of five or more police investigations in the past six months, are at a set address to obey court conditions or are involved in gangs or drugs.

The same graphic was sent to the full mailing list, with the only difference being the helpline inside, MacDonald added.

"We sincerely hope that people will call," he said. "For the cost of printing and a postage stamp, we certainly think it's worth a try."

Abbotsford police have sent a holiday card to offenders featuring Santa with a machine gun, and an offer to help recipients change paths. CONTRIBUTED

Rocky mountain high

Colorado instates pot legalization

Marijuana for recreational use became legal in Colorado on Monday when the governor declared the voter-approved change part of the state constitution. Colorado became the second state after Washington to allow pot use without a doctor's recommendation.

THE ASSOCIATED PRESS

Sex assault charges

Former IMF head settles lawsuit

Former International Monetary Fund leader Dominique Strauss-Kahn and a hotel maid settled her lawsuit Monday over sexual assault allegations that sank his political career and spurred scrutiny of his dealings with women on two continents. THE ASSOCIATED PRESS

Federal Court hears robocalls case

Six ridings, eight applicants.
Conservatives argue applicants are stand-ins for Council of Canadians

Lawyers for eight Canadians challenging the outcomes of the last federal election in six closely-contested ridings were in Federal Court, Monday, arguing that the results should be overturned because of alleged voter-suppression tactics.

The eight voters, who are supported by the Council of Canadians, allege misleading or harassing phone calls in those ridings — all won by Conservative candidates — kept some people from voting and may have affected the results.

The Conservative party says it was not behind the fraudulent calls.

Party lawyer Arthur Hamilton argued the case is frivolous, saying the eight applicants are really just stand-ins for the left-leaning council.

"There are simply too many pieces of evidence which point to the fact that the Council of Canadians is the real applicant here," Hamilton told the court.

He told judge Richard Mosley the group stands to benefit financially and politically from the Federal Court case, regardless of the outcome. The council has solicited donations on its website to support its advocacy work on the back of the so-called robocalls affair. The lawyer said the group is using the case to build a database to use for future fundraising.

"There is a financial windfall to the Council of Canadians," Hamilton said. "They are raising money with respect to this application."

Lawyer Steven Shrybman speaks on the phone Monday during a recess of Federal Court on the first day of hearings challenging the outcomes of the last federal election in six closely-contested ridings. ADRIAN WYLD/THE CANADIAN PRESS

The case began by dealing with Hamilton's "champerty and maintenance" motion. Champerty refers to the process by which a third party shares the proceeds of a lawsuit with a party to the suit, while maintenance refers to meddling in another person's lawsuit for personal gain.

This afternoon, the court is scheduled to hear from pollster Frank Graves, who prepared a report suggesting the fraudulent or misleading calls were widespread during the last federal election.

THE CANADIAN PRESS

Quoted

What they're saying, left and right:

- **Conservative party spokesman Fred DeLorey , in email:** "It is increasingly apparent that this is a political activist campaign masquerading as a lawsuit — a left-wing group is seeking to overturn democratic elections because it doesn't like how people voted."
- **Garry Neil, of the Council of Canadians:** "... if we can simply demonstrate that fraudulent calling was really widespread, then the argument will be that that has compromised the very integrity of the electoral process and that should be the end. If the integrity of the process is compromised, then the judge ought to just throw out the results and order that byelections be called."

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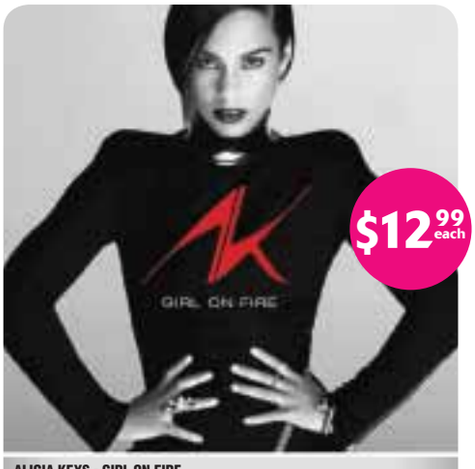

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Bad apps? FTC wants to know if software firms collected personal data from children

Software companies that make cellphone apps are being investigated to determine whether they have violated the privacy rights of children by quietly collecting personal information from phones and sharing it with advertisers and data brokers, the U.S. Federal Trade Commission said Monday. Such apps can capture a child's physical location, phone numbers of their friends and more.

The FTC, a U.S. government agency, described the marketplace for mobile applications — dominated by online stores operated by Apple and Google — as a digital danger zone with inadequate oversight. In a report prepared by the FTC's own experts, it said the industry has grown rapidly but failed to ensure the privacy of young consumers is adequately protected.

THE ASSOCIATED PRESS

Wireless industry

Defend us from roaming fees, poll respondents say

A new study says consumers want better protection from international data roaming fees on their cellphones. The study by the Public Interest Advocacy Group says Canadians are insecure about using their wireless device while out of the country — 44 per cent of those surveyed said they preferred to leave their device off when travelling.

THE CANADIAN PRESS

Market Minute

DOLLAR 101.32¢ (+0.41¢)

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OIL $85.56 US (-37¢)

GOLD $1,714.40 US (+$8.90)

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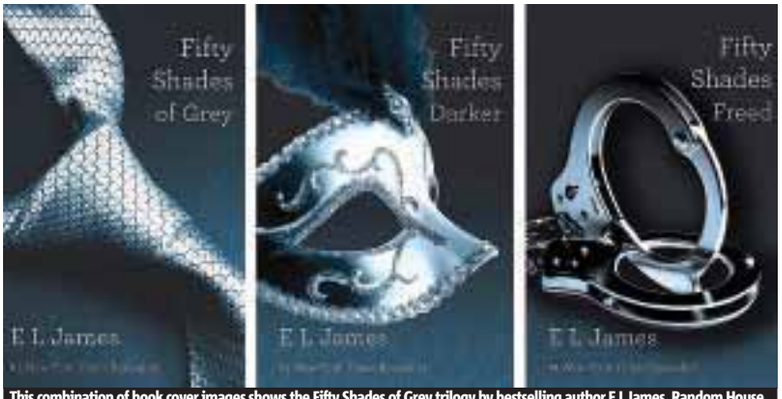
Dow Jones: 13,169.88 (+14.75)

Tie one on! Random House staff to get $5K cheques

Bondage bonuses. Publishing house has had banner year, thanks to Fifty Shades of Grey



This combination of book cover images shows the Fifty Shades of Grey trilogy by bestselling author E L James. Random House, which publishes the books, had such a good year it's giving employees $5,000 year-end bonuses. THE ASSOCIATED PRESS FILE

Sex sells, but it also gives back. Thousands of Random House employees in Canada and the United States will each receive a $5,000 bonus cheque on Thursday as a "thank you" for a lucrative publishing year.

The erotic bestseller Fifty Shades of Grey and its two sequels, published by Random House, have sold 60 million copies worldwide.

Other Random House titles have also raked in profits this year, including Gone Girl by Gillian Flynn, Wild by Cheryl Strayed and The Racketeer by John Grisham.

"This is a one-time special thank you for a great 2012," Random House U.S. spokesman Stuart Applebaum told Torstar News Service.

"To my long recollection, this is the first time we have done something of this scope and magnitude."

A few thousand Random House employees in the U.S. and 170 in Canada will see their bonuses in this Thursday's paycheques, Random House Canada spokeswoman Tracey Turriff said.

"Everyone from the CEO to the staff in the operating centres will each receive the same amount," said Applebaum.

Fifty Shades is published in 31 languages but the bonuses are "a North American initiative," said Turriff.

Employees who've worked for Random House for the full year will get $5,000, said Turriff. Newer employees' bonuses will be pro-rated.

Quoted

"To my long recollection, this is the first time we have done something of this scope and magnitude."
Random House U.S. spokesman Stuart Applebaum

Random House — a division of media giant Bertelsmann — and publishing behemoth Penguin Books announced a worldwide merger in October.

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MAKE NICE FOR THE HOLIDAYS AND AVOID THESE NAUGHTY MISTAKES

SHE SAYS...
Jessica Napier
metronews.ca

The holidays tend to bring out the best in people, but occasionally (often) they also bring out the worst. Here are five common mistakes you'll probably make at some point this season, but maybe should try to avoid.

1. Do something inappropriate during the office holiday party.

It doesn't take a genius to figure out that free booze + annoying co-workers (or even worse, a sexy co-worker) makes for a terrible combination. Plenty of you are going to get yourselves into trouble after a few too many eggnog-based bad-idea bevvies. But be sure to alternate between yuletide cocktails and water to avoid turning into a red-faced wreck and remember, what happens at the office party ends up on Facebook.

2. Attempt to shop for others and buy gifts for yourself, instead.

I get it; you're roaming the mall on a peppermint mocha high and suddenly you want to buy ALL THE THINGS. But you know who's going to be really mad about that decision? Future you. A $40 lipstick is going to seem pretty wasteful when you see your credit card bill in January.

3. Feel sad about spending the holidays alone.

There's something about this time of year that brings out the smugness in happily-in-love couples. And sure, it would be ideal if we all got to spend the holidays walking hand-in-hand with that special someone through a majestic snow-covered winter wonderland, but the reality is, that may not happen for you. So ignore your Facebook feed as it lights up like a Christmas tree with engagement ring photos and focus on yourself. Spend the money you saved on not buying a gift for a significant other on an enjoyable solo excursion and laugh at all those people suffering through overcooked turkey with the in-laws.

4. Make the 'seriously?' face after opening a terrible gift.

It's hard to feign excitement over a lacklustre gift. One year my grandparents gave me a biblical pamphlet and a pair of scissors. No, it wasn't a joke. I smiled graciously despite my secular leanings and an abundance of clippers back home. Because if the holidays are about making others happy, then pretending you really love a three-pack of gym socks or a novelty tie is the least you can do.

Which brings me to my final mistake.

5. Forget what it's really all about.

The holidays aren't really about the presents; they're about being present (see what I did there?) with your loved ones. So stop Instagramming your holiday haul and try to warm that Grinch-heart by having an actual conversation with your family.

No need to make the puppy face this season. SADIEHART/FLICKR

Darwinism makes fashion sense

REBECCA ROSE/TWITTER

@GRAPHICMATT/TWITTER

Monkeying around

Haven't you always wanted one?

The world-famous Ikea monkey is heading to a new home at Story Book Farm Primate Sanctuary in Sunderland about 100 kilometres north of Toronto.

Toronto Animal Services loaded up the now-world-famous primate around 1:15 p.m. Monday and sent him north with a staff member overseeing his trip.

"I believe that will be his new home now," said Mary Lou Leiher, program manager for partnerships and marketing at TAS.

Darwin had been morose after spending a night in lockup following his Sunday afternoon romp in a North York Ikea parking lot. The seven-month-old rhesus macaque apparently managed to open his crate and escape his owner's car to spend about 30 minutes wandering around the lot in a faux-shearling coat and diapers.

Once captured, he was taken to a TAS shelter where he was healthy, but "having a bad day," said Leiher. TORSTAR NEWS SERVICE

Runaway to runway

SSENSE/CONTRIBUTED

Darwin is setting fashion trends with his tan, double-breasted shearling coat.

- Toronto Life claimed there's a coat to make you look as dapper as the Ikea monkey: the "tan, faux-shearling parka from A.P.C. with inset pockets and a concealed zipper..." (Pictured above, which was published next to a picture of Darwin).

Memes

Ikea monkey often imitated

From one-liners, to silly new Ikea slogans, to Photoshopped pictures, people are having endless amounts of fun with the news that a monkey named Darwin was spotted running around outside an Ikea in a shearling coat on Sunday.

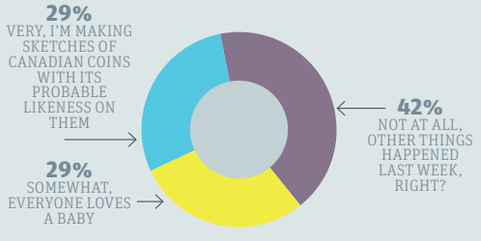
One user posted a picture of the monkey, sporting its stylish coat juxtaposed with pictures of Ryan Gosling and Jared Leto wearing similar jackets asking, "Who wore it best?" TORSTAR NEWS SERVICE

PERRYCARROT/INSTAGRAM

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How interested are you in the royal baby?


29%
VERY, I'M MAKING SKETCHES OF CANADIAN COINS WITH ITS PROBABLE LIKENESS ON THEM
29%
SOMEWHAT, EVERYONE LOVES A BABY
42%
NOT AT ALL, OTHER THINGS HAPPENED LAST WEEK, RIGHT?

Twitter

@dmrodrigues89: Nurses aren't even allowed to strike. Go back to school, teachers. #essentialservices

@jenlorrainegold: Was reminded tomorrow is @LeonardCohen74 day @BudGardens if you are sitting next to me and I start to cry just look away or hold my hand. Ha

@GregOrtbach: Is there a direct correlation between #ldnont frustrated drivers and the # of trains passing through the core daily?

@livelifeinneon: People watching at the mall is the best.

@adaptivetherapy: Looking to work with a passionate Yoga Studio in London, ON. Any suggestions? #LdnOnt #Yoga

metro

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Big Boi's new album Vicious Lies and Dangerous Rumors is his second standalone effort from OutKast. ANDREW ZAEH

Setting the record straight on a dangerous rumour

Big Boi's new album. One half of OutKast has some new work to share, but first Metro had to find out how to Tom Petty someone

PAT HEALY
Metro World News

Vicious Lies and Dangerous Rumors, the second stand-alone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator André 3000, but Tom Petty. The first lines of a track with the title spelled out Thom Pettie feature an impossibly deep voice chanting, "Thom Pettie that hoe/Free falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumours spread.

What does it mean to Tom Petty somebody?
If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Does Tom know about this?
I don't know.

Is this something you're doing to create a dialogue? Would you ever collaborate with him?
Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

I heard you had been working on something with Modest Mouse, too.
Well, they came and they wanted us to do some work on their album, me and my partner Chris (Carmouche), so they came down for a weekend and we co-produced like three records with them. I think they're just handling some stuff internally, but the songs are dope as hell, and I can't wait for them to come out.

Who else are you trying to work with?
I really want to work with Kate Bush. That's the only person that I haven't worked with that I want to.

I heard that you really wanting to work with her! And you guys are exchanging emails now?
We're actually talking on the phone. We're going to have a face-to-face meeting when I go over to Europe, just to sit down and talk with her, catch up a little bit and see where we can go from there.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?
Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

What kind of back-and-forth did you have with the bands?
As far as production wise, it was tinkering with the music. When we first record all the elements might not be there, and through the course of 13 months the song would change several times, just adding to the music. Me and my partner, Chris (Carmouche), were pretty much in charge of the whole metamorphosis of the music, so I had both Little Dragon and Phantogram each come for like a week straight, and we'd just sit down and record a lot of music. And then we would send the stuff back and forth, and if they had elements they wanted to add, they would add it and send it back to us.

Simple Plan puts their story in book

Definitive history. Chuck Comeau's tendency to collect everything has paid off as band puts together story for their fans

IAN GORMELY
scene@metronews.ca

Every parent has at least one box of their adult children's things buried in the basement, or tucked away in an attic. But whatever misgivings they may have about their kid's junk pales in comparison to the array of items Chuck Comeau's been storing at his parent's home for the last 15 years.

The Simple Plan drummer has played the role of "archivist" in the Montreal-based band since he and singer Pierre Bouvier started out as Reset when they were teenagers.

"In the early years, you don't really know if you're going to become successful," he says. "For some reason, we felt it would be cool to look back on that stuff."

Comeau finally made good on his threat last summer, digging through the 30 boxes of set lists, ticket stubs and even record label rejection letters in preparation for a book, titled Simple Plan: The Official Story, that celebrates the 10th anniversary of the group's debut album, No Pads, No Helmets ... Just Balls. "It took a long time," he says.

Quebec journalist Kathleen Lavoie tells their story, creating what Comeau calls "a cool artifact."

Simple Plan have been together for more than a decade, and now they have a book to document their story. THE CANADIAN PRESS

Shannen Doherty

Doherty reaches out to help troubled fan

Celebrities often say they care about their fans, but Shannen Doherty means it. The former Beverly Hills 90210 star called 911 from L.A. recently to get help for a Twitter follower in New Jersey Doherty believed was suicidal, according to TMZ. "This is going to sound incredibly strange," Doherty says on the 911 call, obtained by the website. "My name is Shannen Doherty and I'm an actress, and there is a girl who is threatening to shoot herself." The unidentified 27-year-old woman had sent Doherty messages on Twitter claiming she would kill herself if Doherty didn't call her on the phone. "My security guys told me to block her because she's aggressive and does very erratic things," Doherty says on the emergency call. "I felt bad for her, to be honest."

Redhead on the road: Lindsay hitches a ride on the romance bus

How serious are things getting between Lindsay Lohan and British boy-bander Max George? So serious that the troubled starlet has reportedly moved into his band The Wanted's tour bus, according to Hollyscoop. "(There's) no separate space, she bunks with the boys," the band tells the website. "It's nice to have a girl around. She keeps us in check." And George has been boasting of the supposedly sober Lohan's partying prowess, telling New York's Z100 radio station, "She always brings vodka to the table."

Lindsay Lohan ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Beyoncé: Now brought to you by Pepsi

THE WORD
Dorothy Robinson
scene@metronews.ca

Pepsi is throwing a ton of cash — $50 million, to be exact — at Beyoncé to make the singer the "face" of the company. Here's what the deal includes:

- Beyoncé's face will be found on limited-edition cans, starting in March.
- She'll be featured in TV commercials, the biggest of which will debut after her Super Bowl XLVII halftime performance on Feb. 3.
- She will also appear in the usual media: billboards, magazine advertisements, etc.
- Pepsi will sponsor her tour.
- And here's where the deal might become an interesting collaboration: Pepsi will fund Beyoncé's creative whims, which might not have explicit connection to the soda giant, per the New York Times. This might mean live events, videos, "a cool photo shoot" or anything that Beyoncé might think of, said Lee Anne Callahan-Longo, the general manager of Parkwood Entertainment, Beyoncé's company.

Is anyone else surprised by this collaboration? I know it's hard to say no to $50 million, but soda is bad, y'all. Isn't she worried about lending her image and name to something that is known to cause wide-spread health problems?

Or am I just being all Mayor Bloomberg about this? Even looking past lending her image to a can of sugar, isn't Pepsi the No. 2 can of sugar? Leave Pepsi to Kelly Rowland, girl! You're a Coca-Cola girl all the way!

Demi Moore

Demi gets down: Moore's in Miami, trick!

Demi Moore is hitting Miami in a big way. The actress has been spotted around town multiple nights in a row at nightclubs and hotspots, living it up until the wee hours, according to Us Weekly. "The whole table was drinking," a source says after seeing Moore's gang kick off a recent night at club FDR. "She sat between two guys and was laughing, having fun." The group then hit up several other clubs before arriving at Rec Room around 4 a.m. "They were all starving," the source says. "They sat in the club eating burgers and fries and drinking beer until the club closed and the lights went on." While Moore's partying has led to problems before — including hospitalization and a stint in rehab earlier this year — a friend insists everything's fine, telling the magazine the actress is "in a good place. She's open to experiencing new things this year."

Taylor Swift

Harry Styles

Swiftly bonding with beau's bandmates

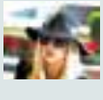
Taylor Swift's latest romance with Harry Styles gets the seal of approval from Styles' One Direction bandmate Louis Tomlinson, according to Us Weekly. "I'm happy they're good friends," Tomlinson coyly tells the magazine. "She's a really lovely girl." Given the amount of time Swift has spent recently with Styles — and the rest of the band, by extension — he's certainly had a chance to get a good impression.

Twitter

@Pink
I'm wishing everyone a little more tolerance this year in their stocking. For the new year. For Chanukah. Whatever you celebrate. After reading some of your responses to my happy Chanukah last night, I feel tolerance is something a lot of you need.

@channingtatum
Big thanks to the kids in Ms. Ochoa's 5th grade class at Poway's Valley Elementary! Great job on your project!

@rustyrockets
Anyone who does the (traumatic) Sydney Bridge Climb today tell "Bernie" the guide my Mum fancies him.



@ladygaga
He had me at "hello, it's Mick."

Fatty foods and a slim waist? It's a French secret

Health and well being. Metro's nutritionist takes on a French diet; chocolate soufflé and all

THERESA ALBERT
myfriendinfood.com

The French food diet isn't for everybody, but there are reasons it can work. HANDOUT

January will bring with it the resolution to lose weight or "get healthy," but come on, we all know it never works.

We are sidelined by the French-women-don't-get-fat-so-I-can-have-this-croissant the-size-of-my-face rationalization.

Wanting to test the French diet theory, I spent three days eating like the women I saw around me on a recent trip to Paris.

I asked a lot of questions and did everything they would do including eat late, drink wine, embrace cream and other fatty foods. What I discovered was that there is more, much more to it than meets the eye.

A typical (or slightly more decadent than typical) food day in Paris follows this pattern:

8 a.m.
Tiny croissant (four inches long), one teaspoon butter, one teaspoon jam and an espresso

10 a.m.
Espresso

1 p.m.
Fish soufflé, small salad, tiny scrap of bread, chocolate soufflé, one or two glasses of red wine

4 p.m.
Espresso, tiny cookie, a few nuts (four)

9 p.m.
Three ounces foie gras, five ounces baked fish, small scrap of bread, insanely buttery mushrooms, two or three glasses red wine, three homemade caramels.

I diligently followed the pattern, with variations, breaking every rule I have learned (and spouted) as a nutritionist.

By the end of the three days, my palate was happy as a clam but my body felt as sick as a dog.

Whether I am genetically unfit or my digestive system is untrained, this diet was clearly not meant for me.

Portion sizes were small enough that, even though the composition of the food was fattier, I was probably still clocking my average of 1,800 calories on a non workout day.

After only three days, my guts were churning, my gall bladder was screaming at me and I had gained a full pound and .01 per cent of a body fat percentage. This is statistically insignificant and unscientific to be sure, but it was interesting to note. My liver was probably ticked at me too, but livers are quiet, workaday organs that don't complain much.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT AND FOUND DAILY AT MYFRIENDINFOOD.COM

Secrets of the French

My goal was to come up with a take-home message that lets us enjoy the best of the French paradox while still applying a nutritionist's knowledge. Here are the secrets at play that let them get away with it:

- **Walk.** Parisians walk all day long, they walk to the subway, they take the stairs, they don't try to fit in a trip to the gym, but instead, they work their exercise into their day.
- **Drink.** Small, calorie free espressos fuel the day with less caffeine and fat than one double double adding up to about 300 calories less than the average Canadian's consumption (caloric-ally, that buys you two glasses of wine).
- **Hunger.** Caffeine consumed in this espresso fashion suppresses the appetite, sugary, fatty lattes do the opposite
- **Hunger.** Choosing full fat foods (not beverages) suppress the appetite and allow a little to go a long way

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Best Health

Mixed messages about booze

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the December issue of Best Health, we go behind the headlines about the health benefits, and drawbacks, of alcohol. It's certainly confusing: one day alcohol is good for you, the next day there are warnings about it. For example:

"It increases your cancer risk" versus "It decreases your cancer risk."

"It harms your brain" versus "It helps your brain."

"It stresses you out" versus "It relaxes you."

"It harms your bones" versus "It helps your bones."

"It causes weight gain" versus "It helps you stay slim."

"It'll kill you" versus "It'll help you live longer."

The fact is, there is truth to each of the above statements and credible studies supporting each theory.

We dove into them to get you the truth about alcohol — and we drew some conclusions to help clarify the issue.

The article appears in the December issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Liven up ho-hum spinach with pecans, pears and brie

This recipe serves 8. BRIAN MACDONALD/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

ROSE REISMAN
for more, visit
rosereisman.com

The sweet and savoury combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this recipe, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

1. Preheat oven to 350°F. Spray a baking sheet with cooking oil.

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the centre of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

Ingredients

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 tbsp orange juice concentrate, thawed
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

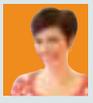
4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard in a small bowl. Pour over the salad and toss to coat. Garnish with the candied pecans.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Liver and let live



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

I'm guessing that by now you've been to at least three more parties than during any other month of the year. And more parties means more drinks.

It's a good time to think about how to protect your liver (year-round, but especially now). The liver does more than process alcohol — it has more than 500 jobs, including balancing your hormones and filtering every drop of blood.

Here are some foods that give your liver the nutrients it needs to keep you healthy:

- High selenium foods for proper enzyme activity: Brazil nuts, brewer's yeast, kelp, brown rice, garlic, onions and molasses.
- High methionine foods that aid in detoxification pathways: eggs, fish, legumes and seeds.
- High sulphur foods that aid in detoxification: broccoli, cauliflower, cabbage and brussels sprouts.
- Vitamin B5, which speeds up detoxification of acetaldehyde after alcohol consumption: whole grains, chicken, wheat bran and nuts.
- Vitamin B1, which reduces the toxic effects of alcohol, smoking and lead: wheat germ, dried peas and soybeans.
- Coffee, which has phytonutrients that help support the liver: three small cups per day, maximum.

And for heaven's sake, don't take acetaminophen (Tylenol) for a hangover, the combination with alcohol is toxic to the liver.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lemony Quinoa. Boost your fibre and iron without sacrificing taste

Even with post-holiday consumption remorse, it's hard at times to feel motivated to maintain a healthy diet during the holiday season. But you can cut down on calories by making simple meal or ingredient substitutions, such as using lemon juice and extra virgin olive oil for salads.

1. In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool, then fluff with a fork.

2. Transfer the quinoa to a serving bowl and stir in the chickpeas, lemon juice, cucumber, onion, tomatoes, cayenne pepper, cumin and parsley. Adjust salt and pepper before serving. NEWS CANADA

Ingredients

- 1 cup quinoa
- 2 cups water
- sea salt to taste
- 1/4 cup chickpeas, drained
- 1/4 cup fresh lemon juice
- 1/2 cup chopped cucumber (seedless)
- 1/4 red onion chopped
- 1/4 cup chopped tomatoes
- 1/4 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1 bunch fresh parsley, chopped

Keep off those holiday pounds with this Roasted Cobb Salad

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Heat the oven to 425°F. Coat 2 rimmed baking sheets with cooking spray.

2. In a large bowl, mix the cornstarch, cumin, smoked paprika, garlic powder and 1 tsp of salt. Add the squash and toss until well coated. Arrange the squash in an even layer at one end of one of the baking sheets; it should take up about half of the sheet. Spritz the squash liberally with cooking spray.

3. Wipe out the bowl, then add the cauliflower and drizzle with 2 tbsps of the oil. Toss, then add 1 tsp of black pepper and toss again. Arrange next to the squash on the baking sheet. Bake for 35 to 45 minutes.

4. Meanwhile, add the carrots to the bowl (no need to wipe it out). Drizzle with 1 tbsp of the remaining oil, the fennel seeds and 1/2 tsp each of salt and pepper. Toss well, then arrange on one half of the second baking sheet. Add the brussels sprouts to the bowl (no need to wipe it out), drizzle with the molasses and the remaining oil. Toss well, then arrange next to the carrots. Arrange the sausages over the Brussels sprouts and carrots.

5. After the squash and cauliflower have roasted for 15 minutes, add the second baking sheet and roast both for another 20 to 30 minutes, or until the vegetables and sausages are browned and tender. Serve directly from the baking sheets.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp cornstarch
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Kosher salt
- 1 pound butternut squash, peeled, seeded and cubed
- 1 head cauliflower, cored and cut into small florets
- 4 tbsp olive oil, divided
- Ground black pepper
- 1 pound carrots, cut into 1-inch chunks
- 1 tbsp fennel seeds
- 1 pound brussels sprouts, bottoms trimmed
- 2 tbsp molasses
- 2 pounds sweet or spicy Italian sausages

Are regifting and couponing a social faux-pas?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Regifting can be socially acceptable if you follow a few simple rules. ISTOCK IMAGES

In the past, regifting, couponing and bulk buying presents was considered a social faux-pas because it meant the gift-giver was being cheap.

But I couldn't disagree more. Resourcefulness is not the same as being cheap. Besides, stretching your dollars and taking advantage of opportunities to save money over the holidays will keep you out of debt, reduce waste and still allow you to spoil everyone on your gift list.

Wrap up that extra garlic press you received for your birthday and give it to your brother. Otherwise, it'll sit in your cupboard collecting dust.

According to Couponcabin.com, nearly 40 per cent of North Americans regift presents and a large majority use coupons when holiday shopping. The most commonly re-gifted items are gift cards and duplicate and unwanted products.

If you plan to regift or coupon, follow these socially acceptable gift-giving parameters. Ensure the present is in its original wrapping and don't re-gift something that has clear signs it's been used. Remove your name from any tags or cards and don't give the gift back to the same person who gifted it to you. Avoid re-gifting intimate or personal hygiene products like underwear, nose hair clippers or razors. If you've received a sentimental gift, don't re-gift it because it could upset the person who gave it to you.

If you've bought something on sale or through a coupon, remove the bright red sale sticker and price tag. While opening presents, don't blurt out how proud you are that you used a coupon, be discreet.

When planning your holiday spending, be resourceful. Bulk buying some items like stocking stuffers or appreciation gifts for friends or colleagues is wise.

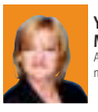
Cash in unused loyalty rewards points toward gifts.

Dig through your wallet, purse and junk drawer for any partially used gift cards. Use the gift cards toward gift purchases or cash them in towards a new gift card amount, pick a round number like $25 rather than regifting your card with $17.97 left on it. If your budget is super tight this season, don't buy any gifts at all. Give handmade cards, art, and baked goods. Homemade presents are affordable and have loads of sentimental value.

Follow Lesley on Twitter @LesleyScorgie

Plan to unwrap a pet this Christmas?

Alison on Money. Small pets seem like a great gift idea — but don't forget about the future costs



YOUR MONEY
Alison Griffiths
money@metronews.ca

Lories and hotots and skinks, oh my! If it's a holiday pet you are considering, the choice is now enormous, especially among rodents, birds, fish and reptiles.

However, before you buy, be aware of care requirements and on-going costs.

According to the American Society for Prevention of Cruelty to Animals, $30 for a guinea pig is only the beginning.

The first year outlay will be just over $700 and about $635 annually after that.

In a 2011 report, Kiplinger.com rated fish as the cheapest pet both in terms of purchase and maintenance.

Gloriously hued guppies are as little as $1 and annual costs a mere $20, though set up can easily exceed $225 for an aquarium and all the fixings.

Perhaps your son or daughter has just seen How to Train Your Dragon and wants a bearded dragon (quite sociable, by the way.)

After spending $50 to $60 for the scaly beast, you will need a 40-gallon or larger terrarium, furniture for basking and hiding, bedding or a reptile carpet (yes, such a thing exists), calcium dust for a twice-weekly "shower" and, of course, food.

Making a basic happy home for a beardie costs from $500 to $1,000 — not including the lizard hammock.

At the cheaper end of things, a simple cage for a gerbil or rat or hamster is about $25 to $35, but pet owners are as keen to renovate as homeowners.

Multi-level critter apartments can easily run to $200, not including toys and decor.

A pet budget and research will save you from what I call Iguana Shock Syndrome.

A friend in Victoria, B.C. bought an itty-bitty green iguana in 1990.

Fourteen years later, the nearly two-metre creature had taken over the spare bedroom and its care was rivaling the cost of a child. And like a teenager, Moe was cranky.

A good beginning resource is mypetsmart.com (go to pet care solutions, then care guides) where you'll find that the bearded dragon is an omnivore recommended for age 10 and up and lives approximately 10 years.

Dozens of pets are listed as suitable for beginner, intermediate or advanced owners.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Just how much is a $1 goldfish going to set you back? ISTOCK IMAGES

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How to behave at the office Christmas party

Learn how to party smartly at your Christmas work do. HANDOUT

Holiday health. Don't let a night that's meant to be about festive fun turn into a nightmare

ROMINA McGUINNESS
romina.mcguinness@metro.lu

The holiday party is one occasions you can let your hair down, but there's a fine line between having some fun and misbehaving.

Etiquette advisor Jo Bryant, of the UK's leading authority on modern manners, Debrett's, tells Metro: "The aim is to keep your dignity. You're socializing with your colleagues, but with your bosses as well. It's about creating the right impression while making it seem like you're relaxed." She talks us through the do's and the don'ts of the office party:

Look the part

DO meet workplace standards
"Make sure you look smart and well groomed and that you're fitting in with the ethos of the office. If you work in a very corporate environment, you'll probably be going somewhere smarter, so dress appropriately."

DON'T overdo it
If you work in a more relaxed office atmosphere, turning up in your best party frock when everyone else is in jeans might not be appropriate.

Dress the part

DO wear something different
This creates that distinction between a Christmas party, not a Monday. You want to look good — but don't go over the top by wearing something really out there.

DON'T wear what you wore to the office that day
If everyone else is going to make an effort and get changed, do the same.

Bulk up the contacts

DO circulate and socialize
Now is your opportunity to chat to people you don't normally speak to or have access to — like the boss.

DON'T be arrogant
Get your behaviour up to scratch. As you go around the room, stop to speak to people higher up in the pecking order. But that doesn't mean you should ignore people of lower ranking than you.

Be chill

DO impress people without promoting yourself
"This isn't the time to ask for a pay rise or complain.
Avoid office chat, unless the big boss instigates it and seems keen to get your opinion. But equally, if you can talk to them about their family and their holidays, they might see you as more than just another member of staff.

Exclusively online

- **Knot a problem.** It's holiday party season and you want to wear a tie. Larry Rosen, CEO of Harry Rosen (below), shows Metro how to tie his favourite knot. Watch the video on The Man Blog at metronews.ca.

DON'T shun your colleagues
Never neglect your team and spend the entire party schmoozing everyone else. Equally, don't just cling on to them and feel nervous about making new work friends.

Know your limits

DO drink, but don't get drunk
Hold yourself. If you're drunker than your companions, that's a no-no. You should never be the drunkest person at the party.

DON'T be a party pooper
If you're feeling as though things are getting out of control and decide to stop drinking, don't make a big thing about it. Don't draw too much attention to yourself. Order a tonic water so it still looks like you're having a drink.

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Jake Patterson, left, and Kevin Bailie, who make up the London Knights one-two punch in net, have a quick chat during a practice earlier this season.
JOHN MATISZ/METRO FILE

So far, so great: Knights mid-season grades

OHL. With London still rolling, here's a look at some of the players who have left their mark on a historic opening half to the 2012-13 season

JOHN MATISZ
john.matisz@metronews.ca

The London Knights are putting their franchise record-tying 18-game win streak on the line this Friday in a contest versus the Owen Sound Attack. Win and they set a new club best; lose and they're forever locked at 18 straight.

That game will also mark the end of the first half of London's 68-game regular-season schedule.

With that in mind, here's an evaluation of the Knights through the first 33 games:

Forwards

Josh Anderson (B) — Winger is developing as the team hoped going into the season. A relentless forechecker, he creates plenty of turnovers. Only thing missing is a better finishing touch.

Max Domi (B+) — Though he tries to do too much with the puck a couple of times per game, Domi is blossoming into an offensive dynamo. Scores in bunches, with 14 multi-point games to his name.

Remi Elie (B) — Green Valley native brings a lot to the table. Still a raw talent, the rookie power forward has impressed. Look out for that team-best one-timer in the second half.

Seth Griffith (A+) — Mr. Everything leads the team in assists, goals, power-play goals, short-handed goals, game-winning goals, and — wait for it — points. But his most admirable traits are durability and attention to his own zone.

Ryan Rupert (C) — Finally got his first of the year Friday — an empty-netter. In the 20 games previous, he went scoreless. Perhaps the lone forward is having a subpar season offensively, although a shoulder injury could be partially at fault.

Chris Tierney (B+) — One of eight Knights with 22 or more points, he's been an excellent second-line middleman. With Anderson and a variety of left-wingers, Tierney's line has cycled with ease while usually taking care of London's end.

Brett Welychka (B) — The Londoner's true value to the club likely won't be felt until playoff time, when grinders like him excel. Offensively, he's already matched the 18 points he had in 46 games last year.

Defencemen

Scott Harrington (B+) — One of the best shutdown rearguards in the CHL hasn't missed a beat in his fourth season. Exudes leadership on and off the ice.

Tommy Hughes (B) — About as stay-at-home as defencemen get, the hometown over-ager has helped protect Knights goalies from facing high-percentage shots.

Miles Liberati (B) — Puck-handling confidence went through the roof after scoring his first goal Nov. 2. He Sometimes seems to forget he's a rearguard, though, coughing up the puck in his own end occasionally.

Kevin Raine (C+) — Has been suspended twice now this season after receiving a three-game ban from the OHL on Monday. Raine is having trouble staying on the legal side of playing with an edge. Bone-crushing hits and adrenaline-fueled fights have been a positive, but sitting out is never helpful.

Goalies

Kevin Bailie (A) — In his OHL victory lap, Bailie is hanging with the big boys atop most goaltending categories. Despite getting yanked twice this season after weak starts, he's been a wall between the pipes.

Jake Patterson (A) — Has turned the goalie situation from 1-2 to 1-1A with supreme netminding every time he's been called upon. Can't seem to get away from falling ill at least once a year, but a .928 save percentage makes up for that.

Go to metronews.ca/knights-outright for report cards of the full team.

Lockout

More games axed by NHL

The earliest a shortened NHL season will start is Dec. 31.

The league cancelled another 104 regular-season games on Monday afternoon, bringing the total number wiped away by the lockout to 526. That represents nearly 43 per cent of the season.

The NHL and NHL Players' Association appeared to be closing in on a deal last week before negotiations fell apart.

After talks broke down, commissioner Gary Bettman said the league needs to be able to fit in at least 48 games per team to save the season, which means a new collective bargaining agreement likely has to be signed within the next month.

THE CANADIAN PRESS

Hockey

NHL stars could skate for Canada at Spengler Cup

Canada could be sending quite an impressive team to the Spengler Cup.

With the NHL's announcement Monday that all games through Dec. 30 have been cancelled, the possibility of locked-out players wearing the Maple Leaf over the holidays in scenic Davos, Switzerland increased.

Tyler Seguin, Jason Spezza, Patrice Bergeron and John Tavares are among the Canadian players who have spent the lockout playing in the Swiss league and would be eligible to compete in the historic club team tournament. Hockey Canada has been in touch with all of them. THE CANADIAN PRESS

MLB

Hentgen returns to Jays' bullpen

The Toronto Blue Jays have named Pat Hentgen as their bullpen coach, bringing the Cy Young winner back into the team's coaching ranks.

Hentgen previously served as Toronto's bullpen coach in 2011. He has also spent eight of the last nine seasons as a team ambassador and special assistant to the organization.

Hentgen played 10 of his 14 big-league seasons in Toronto. In 1996, he posted a 20-10 record and 3.22 earned-run average to become the first Blue Jay to win the Cy Young Award.

THE CANADIAN PRESS

Horoscopes

Aries
March 21 - April 20
By all means "borrow" someone else's design if you think it will benefit you in some way. There's no copyright on ideas or insights – if they're out there in the public domain you are entitled to use them.

Taurus
April 21 - May 21
You may be tempted to sell a possession that means a lot to you, but if you do you will most likely regret it. No matter how desperate your money situation may be you should hang on a little while longer.

Gemini
May 22 - June 21
You must not let other people get away with making statements that you know to be untrue. Make it your aim to point out the errors and inconsistencies in what so-called "experts" are trying to pass off as facts.

Cancer
June 22 - July 23
The planets are about to show you a way that you can better yourself without having to work your fingers to the bone 24 hours a day. There are no easy routes to fame and fortune but there are certainly a few shortcuts.

Leo
July 24 - Aug. 23
The message of the stars is that you are subconsciously putting obstacles in your path because you are not sure you are doing the right thing. In which case maybe you should think again about your current plans.

Virgo
Aug. 24 - Sept. 23
You will help a friend or work colleague resolve a difficult problem today. Watch out though that you don't get suckered into doing something for others just because they are too lazy to do it for themselves.

Libra
Sept. 24 - Oct. 23
The answer to your current problem is quite obvious and the only reason you can't see it is because you are looking in the wrong place. Trying widening your horizons a little. Bring the bigger picture into focus.

Scorpio
Oct. 2 04 - Nov. 22
A work or money problem is not going to just fade away: it will only be resolved when you resolve to do something about it. You don't have to have the definitive answer – just make a decisive move of some sort.

Sagittarius
Nov. 23 - Dec. 21
If you want something enough you will find a way to get it. However, for best results you are advised not to aim for anything too grand. Make it something of a material nature, something you can hold in your hand.

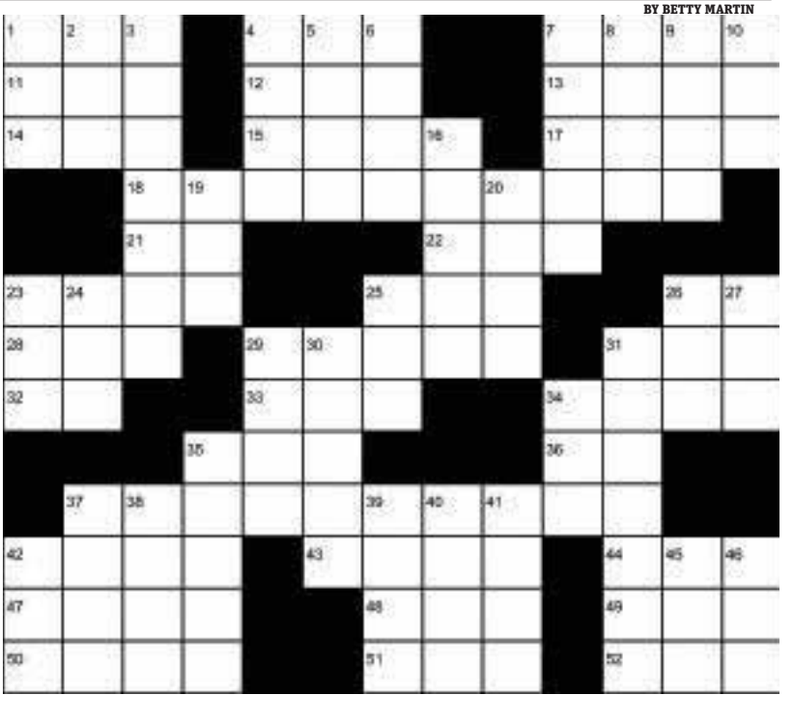
Capricorn
Dec. 22 - Jan. 20
You can look at what happens today either as an interesting challenge or a situation to be avoided. Either way is valid but you will have more fun, and learn more, if you treat it as a challenge.

Aquarius
Jan. 21 - Feb. 19
Not everything in life has a simple answer and the sooner you accept that fact the sooner a solution to an emotional dilemma will appear. Try to think less in terms of black and white and right and wrong.

Pisces
Feb. 20 - March 20
Your authority will be challenged in some way today but it's not the end of the world so don't overreact. You know your own worth and what you are capable of, so stay calm and laugh at those who try to upset you. SALLY BROMPTON

Crossword

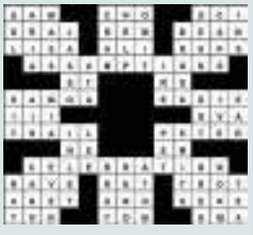
BY BETTY MARTIN



Across
1. Afternoon snooze
4. Bond, for one
7. Appeal
11. Actress Peeples
12. Jonny — Miller of Elementary
13. Name in jeans
14. Extensions
15. Laugh-In regular Johnson
17. Like fine wine
18. Compliance
21. My Name – Earl
22. Transgression
23. Woodwind instrument
25. Knock lightly
26. Part of Santa's greeting
28. Stimpy's pal
29. Collar inserts
31. — Aviv
32. "— Cid"
33. Sphere
34. Fr. Father
35. 'Peggy — Got Married"
36. Yours, Mine and Ours actress (init.)
37. Rival in sport
42. Indian dress
43. Edge
44. Curve
47. Face shape
48. Grazing ground
49. Taxi
50. Proofreader's mark
51. Cap
52. And so on....

Down
1. Opposite of SSW
2. Feel sick
3. Depth of feeling
4. Concrete piece
5. Salon offering
6. Abominable snowman
7. Homely
8. Building block toy
9. Equal
10. Assist
16. English homework, perhaps
19. Avail
20. Takes tiny drinks
23. Metallic rock
24. Dallas star Barbara — Geddes
25. Keyboard key
26. That girl
27. Spanish cheer
29. Lunchtime favourite
30. Shade providers
31. Patio
34. Paid athlete
35. Put on a happy face
37. Grotto
38. Articulated
39. Tip to one side
40. Notion
41. Kind of spirit
42. Lawn covering
45. The — Patrol
46. Canadian Broadcasting Corporation (abbr.)

Yesterday's Crossword



What's online

See today's answers metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1			5			7	
		2	8		3	9		
9								4
4		8				5		2
			5		6			
7		9				1		6
1								9
		7	2		5	3		
	4			9			1	

Yesterday's Sudoku

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